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## Do you hear that hum?

Some question their sanity after hearing a mysterious humming sound

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## Twister kills storm chasers

Tim Samaras, his son and another storm chaser were among the 13 killed near Oklahoma City Friday

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## TAKING PARENTAL GUIDANCE TO A NEW LEVEL

WILL AND JADEN SMITH'S NEW MOVIE AFTER EARTH INSPIRED THIS REAL-LIFE PARENT-CHILD MOVIE LIST

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## CAMP HEATS UP

Calgary Stampeders quarterback Kevin Glenn, left, and quarterback Drew Tate throw footballs during the first day of training camp in Calgary on Sunday. Story, page 14 JEFF MCINTOSH/THE CANADIAN PRESS

# Institutions not funded equally

**Post secondary.** Province pledges to review equity among institutions

Institutions in Alberta's rural areas are being government-subsidized on a per-student basis heavier than those in urban centres, leading critics to call for better equality in a system reeling from cuts to provincial funding.

Data provided by Mount Royal University and independently verified by Metro indicates in the 2010-11 school year, the first after a freeze on post-secondary funding was announced and the latest year for which complete information is available, some institutions were receiving five times the funding others were when their overall provincial grant is divided among full-load equivalent undergraduate students.

On the top end, it appears Fort McMurray's Keyano College was receiving \$29,900

per student while distance education-focused Athabasca University found itself on the bottom, receiving just \$5,474 per student.

Mount Royal also found itself on the lower end of the spectrum with \$9,964 to work with per student.

"You start to say, 'Well, that looks weird, at least in my opinion,'" said Duane Anderson, the university's vice-president for administrative services. "It starts to explain why we're in such a difficult situation."

Mount Royal recently moved to suspend eight diploma and certificate programs and will also cut more than 60 staff positions after the province slashed post-secondary funding more than seven per cent in its March budget.

Mount Royal still received more than fellow Calgary institution Bow Valley College, which saw its per-student funding amount to just a fraction of that offered to fellow colleges like Olds, Portage and the aforementioned Keyano.

"It makes no sense ...

change is going to be a long process, too," said Al Dickson with Bow Valley's students' association. "The government seems to want to shake this off and blame everyone else."

But the advanced education ministry has pledged a full review of funding models to institutions that is likely to start in the fall, according to spokesperson Karin Campbell.

Advanced Education Minister Thomas Lukaszuk was out of the country and not available for comment, but Campbell said he "Envisions a more strategically aligned and co-ordinated Campus Alberta — world-class autonomous institutions working together to promote efficiency, effectiveness, and maximizing the benefit to Albertans."

JEREMY NOLAIS/METRO

On the web

For a full breakdown of funding per Alberta post-secondary student, head to metronews.ca.



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## Pace cars. Funding for 'mobile speed bumps' sought

Residents of two northwest Calgary communities are hoping their thrifty pilot project will stick in the minds of many a lead-footed motorist.

Rocky Ridge and Royal Oak have turned to Ald. Dale Hodges in hopes he can secure \$5,700 for Calgary's first neighbourhood pace-car program.

Ward Sutherland, community association president, said the idea is to slap stickers on the back of program members' vehicles urging fellow motorists to think twice about flooring their gas pedal in a residential area.

Each member will have previously pledged they too will not cross over the marked speed limits, a tall order in Rocky Ridge and Royal Oak, where recent traffic data suggests vehicles top the 50 km/h limit 85 per cent of the time.

Of those, 20 per cent were recorded going between 67 km/h to 74 km/h during the hours when kids are crossing the road to their bus stops.

"As far as we're concerned, it's just a matter of time, unfortunately, until something serious happens," Sutherland said. "We have been looking at this to see what we could do to improve ourselves."

A fellow association member caught wind of a pace-car program launched in Nova Scotia and Sutherland said his subsequent research indicated it's led to a noticeable decrease in recorded speeds.

Brochures have now been sent out encouraging everyone in the community to get involved.

Hodges' application for funding, which will go before a city committee Tuesday, dubs the pace cars "mobile speed bumps." **JEREMY NOLAIS/METRO**

## What to do with the leftover dough? Residents take last shot to weigh in on \$52M debate

A steady flow of Calgary residents took to Sunridge mall Sunday for their last chance to put in writing what they think the city should do with \$52 million in leftover tax revenue.

"The city is growing really quickly and they have no idea how to handle it," said resident Shannon Robinson.

"It's \$2.75 to ride the train; put the money towards fixing our transit or parking issues. This city is worse than New York for parking problems."

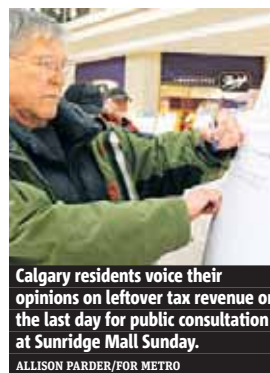
Several of the contributors

didn't seem overly passionate one way or another — that is, as long as the money isn't put into any more bridges.

"I just don't want to see any more bridges being put up," said John Hurton, who was there to read some of the comments other people wrote on the paper canvases provided.

Ald. Ray Jones attended the forum and felt it was a well-received event.

"People were really glad to have had this option," he said. **ALLISON PARDER/FOR METRO**



Calgary residents voice their opinions on leftover tax revenue on the last day for public consultation at Sunridge Mall Sunday. **ALLISON PARDER/FOR METRO**

### Screen gave way

## Boy, 3, rushed to hospital after falling from window

Paramedics rushed a three-year-old boy to hospital Sunday morning after he fell as much as 15 feet when a window screen gave way.

The incident took place at a home in Coventry Hills around 9:45 a.m., according to EMS spokesperson Adam Loria. It's believed the boy's injuries were non-life-threatening.

**JEREMY NOLAIS/METRO**

# Probe of mystery humming noise widens past Calgary

## Unexplained.

Compressor stations, factories, traffic, water pipes and type of house could all be factors



**JEREMY NOLAIS**  
jeremy.nolais@metronews.ca

Buzz about a mystery hum that's confounded researchers and those who hear it has extended well beyond a Calgary neighbourhood where complainants first came forward.

Victims of the so-called "Ranchlands hum," describe it as more a vibrational feeling than a noise. It has the power to keep them up at night, ruin their mood and has even led some poor souls to question their sanity.

The hum is a "genuine

### Bad vibrations

## 2008

Metro has spoken with people who've heard the so-called "Ranchlands hum" as far back as 2008. Anyone who believes they are a victim can contact Dr. Marcia Epstein at [epstein@ucalgary.ca](mailto:epstein@ucalgary.ca).

phenomenon," according to University of Calgary research Dr. Marcia Epstein, who's worked in her spare time to track the elusive source for a few years.

"It's something we don't yet understand," she said. "They (hum hearers) are not crazy, they're not making it up, they're not losing their hearing."

But the problem appears no longer to be Calgary-specific. Initially, most complaints stemmed from the northwest Calgary neighbourhood of Ranchlands, and a volunteer-



Terry Avramenko, who lives in Calgary's northwest neighbourhood of Ranchlands, has estimated hundreds hear a humming noise much like he does. **METRO FILE**

led probe of the sound pinpointed the Bearspaw water-treatment plant as a possible source in 2011.

But now complaints are popping up in other areas of

Alberta, including Edmonton, and Epstein said she's looking to form a coalition with researchers in Ontario and New Zealand to investigate similar occurrences.

1 NEWS



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# GST amendment will cost insurers

**\$1 billion owed.** Tax amounts date back to a 2005 Finance Department release implemented in 2010

Canada's insurance industry faces a \$1-billion GST bill at the end of this month, thanks to a federal tax move critics say smacks of a "banana republic."

The massive tax hit applies to some financial services that insurers say were never before subject to GST.

The GST now owed is retroactive seven years, back to 2005, when the federal Finance Department issued a news release saying it planned to amend tax legislation — something it didn't get around to implementing until 2010.

Critics say that apart from the body blow to the books of domestic insurers, the "massively distortive" tax grab sends



Finance Minister Jim Flaherty with Prime Minister Stephen Harper in March. A massive retroactive GST ruling from the Finance Department has insurers fuming. THE CANADIAN PRESS

a signal to global investors that Canada is no place to do business. That message, they say, challenges any claim the Harper government is a tax-cutter and a good steward of the economy.

"I have lost count of the number of times that global tax directors have used the words 'banana republic' when I de-

scribe this legislation to them," says Michael Firth, a tax partner at PricewaterhouseCoopers Canada, and chief among the critics.

For its part, the Finance Department says it hasn't changed GST legislation at all, but rather clarified rules that were poorly drafted when the GST was born in 1991. THE CANADIAN PRESS



## Lovers in a dangerous time

A couple celebrates their wedding in Taksim Square on Sunday, a day after Turkish police pulled out of Istanbul's iconic square following a second day of violent clashes between protesters and police over a controversial development project. GURCAN OZTURK/GETTY IMAGES

## Pistorius trial

### Family responds to alleged crime scene images

Oscar Pistorius' family said Sunday it was "shaken" by the "graphic" leaked images broadcast by a British television station that purport to show the bloodied bathroom where the Olympian fatally shot his girlfriend on Valentine's Day.

In a brief statement two days before the double-amputee athlete is due back in court for a hearing ahead of his murder trial, the Pistorius family said the images shown by Sky News on Friday did not help the legal process.

"We were shaken by the graphic images, leaked into the public domain this week, of the accident scene at Oscar's house," the family said. "It has always been our plea that the legal process be allowed to run its course with integrity. The leaking of evidential material into the public domain before the court case does not advance this process." THE ASSOCIATED PRESS

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## Storm-chasing legend killed

**Oklahoma City.**

Saskatchewan tornado hunter says chaser deaths are rare, but this storm pattern was 'unprecedented'



**MORGAN MODJESKI**  
Metro in Saskatoon

Three of North America's best-known storm chasers were among 13 killed after a tornado hit the El Reno area of Oklahoma City during rush hour on Friday.

Tim Samaras, called the Wayne Gretzky of storm chasing, his son Paul Samaras and storm chaser Carl Young were all killed when an EF3 tornado, with winds up to 265 km/h, barrelled into the area.

Saskatchewan tornado

hunter Greg Johnson was chasing the same tornado that killed the three men.

"Is it dangerous? It sure is. We're putting ourselves into the danger zone, but the thing is, we have very sophisticated technology and we have a really good understanding of how storms behave, so this is a very rare incidence," said Johnson.

Johnson said the tornado made a 90-degree left turn and headed north in a pattern that he called "almost unprecedented."

"We got caught in the same storm and we were basically in a different location, but in the same situation as Tim," said Johnson.

He said Tim Samaras was one of the best storm chasers in the field, adding he had a chance to visit with Tim and his team two weeks ago in Texas.



The tornado that killed famous storm chaser Paul Samaras is seen here. GREG JOHNSON/CONTRIBUTED

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# The next industrial revolution is coming to a printer near you

**3D printing.** Emerging technology could disrupt mass manufacturing by changing how and when things are made

Invisalign, a San Jose company, uses 3D printing to make each mouthful of customized, transparent braces. Mackenzies Chocolates, a confectioner in Santa Cruz, uses a 3D printer to pump out chocolate moulds. And earlier this year, Cornell University researchers used a 3D printer, along with injections of a special collagen gel, to create a human-shaped ear.

Once a science-fiction fantasy, three-dimensional printers are popping up everywhere from the desks of home hobbyists to U.S. air force drone research centres. The machines,



**Brook Drum, the founder and CEO of Printbot, talks about his \$299 US portable 3D printer on May 15 during the Hardware Innovation Workshop in San Mateo, Calif.**  
ERIC RISBERG/THE ASSOCIATED PRESS

generally the size of a microwave oven and costing \$400 US to more than \$500,000 US, extrude layers of plastics or other materials, including metal, to create 3D objects with moving parts.

Users are able to make just about anything they like: iPad stands, guitars, jewelry, even guns. But experts warn this cool innovation could soon

## Try this at home

- Starting in June, office-supply chain Staples plans to be the first major retailer to supply 3D printers with "the Cube," a plug-in device that uses 16 colours and costs \$1,299 US.

turn controversial — because of safety concerns but also the potential for the technology to alter economies that rely on manufacturing.

"We're on the verge of the next industrial revolution, no doubt about it," said Dartmouth College business professor Richard D'Aveni. "In 25 years, entire industries are going to disappear. Countries relying on mass manufacturing are going to find themselves with no revenues and no jobs."

THE ASSOCIATED PRESS

## Ebook price-fixing. Apple, U.S. Justice Department to square off in antitrust case

In a civil case where the words of Steve Jobs play prominently, the U.S. government and Apple Inc. are set to square off over allegations that Apple conspired with the country's largest book publishers to make consumers pay more for electronic books.

U.S. District Judge Denise Cote is scheduled to begin hearing the price-fixing case Monday in federal court in Manhattan. The trial stems from an antitrust lawsuit brought last year by the Justice Department, which accused Apple of helping hatch the scheme at a meet-

ing with publishers in 2009 as it was preparing to launch the iPad.

Its purpose was to force Seattle-based Amazon.com, the marketer of Kindle ebook readers, to raise the \$9.99 US price it had set for the most popular ebook titles because that was substantially below their hardcover prices, the government says.

The government has alleged the scheme cost consumers tens of millions of dollars, and argues that part of the proof is Jobs' own account of the arrangement. **THE ASSOCIATED PRESS**



**Visitors look at ebooks at the Frankfurt Book Fair in this file photo. On Monday, an ebook price-fixing case against Apple starts in Manhattan.** THE ASSOCIATED PRESS FILE

## Policy change

Want a coffee and a smoke? Not at Starbucks



**The spooky mermaid lady wants you to butt out.** GETTY IMAGES FILE

Starbucks customers will now have to stamp out their cigarettes before approaching the cafés.

The Seattle-based chain has banned smoking within 25 feet (7.6 metres) of its stores. A Starbucks spokeswoman says the intent is to expand the indoor no-smoking policy to the outdoor seating areas.

The policy shouldn't cause a big difference in many areas that already ban smoking within a certain distance of a business entrance. The rule will apply to Starbucks' 7,000 cafés regardless of whether they have outdoor seating areas. **THE ASSOCIATED PRESS**



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# A BETTER WAY TO GET SCHOOLS BUILT

With a massive backlog of needed schools and upgrades, the Calgary Board of Education is apparently enlisting the help of a Calgary developer to help land one lucky community a new school.

While on the surface it looks like an innovative way to service the explosion of student population, the inclusion of developers in the construction of community infrastructure isn't.

And I suspect the developer isn't doing it for purely altruistic reasons.

The Standard Development Agreement is a deal negotiated between the city and the UDI, which represents Calgary's developers, and includes levies that cover a portion of costs for everything from future traffic signage and road markings, emergency-services facilities, rec centres, libraries and less sexy things like storm sewers and utilities.

On the UDI's website it clearly states, "Although much of this



**Krause Encounters**

**Darren Krause**

darren.krause@metronews.ca

expense will eventually be passed along to the home builder and then to the new home purchaser (who will pay for it in the cost of the home and lot) it is up to the developer to pay for these costs upfront."

Negotiations between the CBE and this developer are scarce on details, but one can safely assume the same principle of recouping costs will manifest itself in higher home costs in this as-yet-unnamed community.

So let's cut to the chase.

Will future Calgary communities be able to pay a premium on their homes to have a school guaranteed? Is this OK? Or does this feel like, sound like and look like a tiered system of school placement/construction?

Those who can pay, will. Those who can't pay (to be in that community) will be like the other schleps waiting between five and 10 years — or more — for a school in other communities.

So then what's this worth?

When Metro first reported this story last week, Calgary realtor Robin Spears said people already flock to homes within a yet-unbuilt school's walk zone, guaranteeing them a spot in said future school.

In an ultra-competitive homes market, developers and home builders are probably looking for any edge they can get — this might be it.

And Calgary home buyers will pay for it. Sounds like a smart business decision; like charging \$10,000 for a 10x10 deck on a new home.

But, there may be a better solution. And it looks somewhat like the development agreement the UDI negotiates with the city.

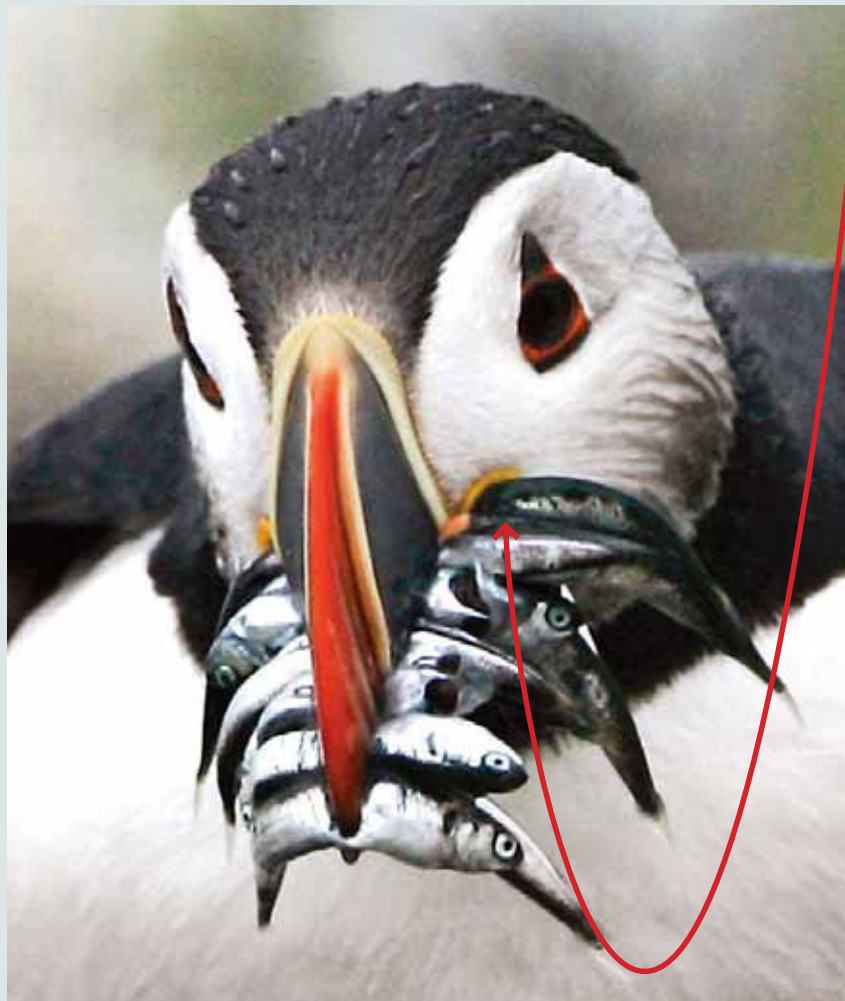
Should a similar conversation be had between developers and the province — so schools are built in a timely fashion in new communities through the application of a levy system, as used to fund roads, transit and libraries.

Developers already pay for a variety of future infrastructure in their planned communities, with cost passed on to the consumer.

Maybe schools should be added to that list.

## ZOOM

# What plagues the puffin?



THE ASSOCIATED PRESS FILE

## East coast seabirds dying of starvation

This Atlantic puffin is seen with a beak crammed with fish to feed its young, but the population is at risk in the Gulf of Maine. The comical-looking seabirds have been dying of starvation and losing body weight, possibly because of shifting fish populations as ocean temperatures rise, according to scientists.

THE ASSOCIATED PRESS

## Butterfish too fat to feed to the kids

Instead of feeding their young primarily herring, puffin parents were giving them large numbers of butterfish, a more southerly fish that's becoming more abundant in the Gulf or perhaps more accessible to seabirds because they've moved higher up in the water column.

But the chicks ended up starving to death because the butterfish were too big and round for them to swallow says Steve Kress, director of the National Audubon Society's seabird restoration program. Piles of uneaten butterfish were found next to some of the dead birds.

The amount of herring in the puffin's diet has been falling by about five per cent a year. THE ASSOCIATED PRESS

## Clickbait



**LUKE SIMCOE**  
luke.simcoe@metronews.ca

Who says games have to be fun? If you're over

**Angry Birds** and tired of being a **Fruit Ninja**, give some of these smartphone distractions a spin. What they lack in playability they make up for in sheer baffling wonderment.



## Enviro Bear 2010:

In what some reviewers describe as "an elaborate troll," you take on the role of a car-driving bear trying to stock up on food for the winter. The only catch? The controls are almost meaningless, and winning seems impossible.

Play as zombie composer Frederic Chopin as he dances on a piano while battling French rappers. What's not to love?

## QWOP:

The grand-daddy of futile games. For merely 99 cents, iPhone users can try — and fail — to lead a track star across the finish line, one floppy muscle group at a time.

## Frederic — The Resurrection of Music:

## Letters

**RE: Whiny Airplane Travellers Can Go Fly a Kite, published May 29**

In John Mazerolle's column He Says, he talks about how whiny people can be on airplanes and how annoying it can be.

He goes on to say he loves flying.

I know some people are annoying needlessly, but there are some people like me who hate flying due to mental illness.

We folks suffer severe anxiety

and it can be quite uncomfortable at times. I don't say anything out loud and bother people, I just suffer in silence.

I have two sisters who live out West and so I have to fly to see them and it's something that can be very stressful.

I realize he's trying to be funny, but for some of us it's not a laughing matter.

It seems as though he wasn't thinking about people like me when he wrote that and I am offended enough to write to you about it.

**Jim Inglis, Halifax**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [calgaryletters@metronews.ca](mailto:calgaryletters@metronews.ca)



# Parental guidance suggested

Will and Jaden Smith teaming up for *After Earth* has us thinking of other real-life parent-child movies

MATTHEW PRIGGE  
Metro World News in New York



Will and Jaden Smith aren't the first parent-offspring duo to team up on the silver screen. HANDOUT

## Box office

*After Earth*, the futuristic caper starring father-and-son team Will Smith and Jaden Smith, opened to \$27 million, good for third place. With its super-charged muscle cars, *Fast & Furious 6* raced to first place at the box office for the second consecutive weekend. The magic-heist thriller *Now You See Me* exceeded industry expectations to debut in second place with \$28.1 million.

## The actors, films

**Melvin and Mario Van Peebles**

Sweet Sweetback's Baadasssss Song (1971)

## Their ages

**39, 14**

## Their roles

Melvin plays an entertainer at a brothel falsely accused by "The Man." Mario plays his younger self in a fairly graphic introductory scene where he loses his virginity to a prostitute. Thanks, dad!

## The results

Even though what was shot very nearly qualifies as child pornography, it apparently wasn't traumatic. Mario grew up idolizing and often working with his father. He became a filmmaker himself, making *New Jack City* and *Baadasssss!* — an account of the making of his father's pioneering black cinema classic. Mario even stars as his wildly charismatic, cigar-chomping, lady-killer pop.

**Ryan and Tatum O'Neal**

Paper Moon (1973)



**32, 10**

Ryan is a charismatic con man in the Depression-era South who collects fraudulent fees from rubes for bibles. Tatum plays a little girl who may be his daughter. She proves a grifting prodigy.

Ryan, often a wooden rent-a-hunk, was atypically alive and hilarious in this Peter Bogdanovich comedy. Ditto, for that matter, Tatum, who became the youngest-ever Oscar winner. She did *The Bad News Bears* but struggled through an adult career. Ryan, meanwhile, did two more films of major note (*Barry Lyndon* and *The Driver*), but soon returned to crap films. Their relationship became strained. Tatum alleged that Ryan hit on her at Farah Fawcett's funeral.

**Henry and Jane Fonda**

On Golden Pond (1981)

**76, 44**

Henry is a crotchety, terminally swearsy old-timer who is estranged from his daughter, played by Jane. This isn't that far from the truth, except that Henry wasn't married to Katharine Hepburn.



The two were famously estranged, despite him being, like her, a liberal — back when such a thing wasn't cool. The film helped them patch things up, just as what happens in the film. Henry died soon after winning his first Oscar, which Jane accepted on his behalf.

**Martin and Charlie Sheen**

Wall Street (1987)

**47, 22**

Charlie is an upstart who gets associated with the wrong scene, while his father scowls. They also acted in this movie together.

The two would reunite, for about 10 seconds, in *Hot Shots Part Deux*, in a scene that parodies *Apocalypse Now*: Passing by each other on ships, they simultaneously stand and proclaim, "Loved you in Wall Street!"

**Sylvester and Sage Stallone**

Rocky V (1990)

**44, 14**



Sly is a slow mumblemouth who solved the Cold War, but is still stuck penniless in a miserable South Philly neighbourhood because his brother-in-law Paulie is an idiot. Sage is his resentful son who gets an earring.

Sage took over the role of Rocky Jr. from someone actually named Rocky Krakoff. He didn't get great reviews, but neither did the film. Still, he acted again with his dad in *Daylight*, and appears in Vincent Gallo's *Promises Written in Water*, which Gallo won't let anyone see. Last year, Sage died of a heart attack at 36 years old.

**Jon Voight and Angelina Jolie**

Lara Croft: Tomb Raider (2001)

**63, 26**

Jolie is a buxom archaeologist who does all the things that Indiana Jones can't, like have breasts. Voight is her dead father who she meets in an alternate dimension.



Jolie and Voight have had a bumpy relationship. They reconnected as her career exploded, then "broke up" again, then came back together after her mother's death. Still, Voight said he found out about her double mastectomy with everyone else.

2 SCENE



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metronews.ca  
Monday, June 3, 2013

## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

### Statham starves himself, Leo finds another angel



STARGAZING  
Malene Arpe  
scene@metronews.ca

Jason Statham is eating nothing but rice and spinach in order to get in shape for a role. The part is that of a miserable dieter driven to a life of crime and violence and ultimately finding redemption after accidentally consuming eight Mars Bars.

Justin Bieber is again investigated for reckless driving. It was all a giant misunderstanding. His pants got tangled in the steering wheel

and his ego got tangled with his perception of reality.

Amanda Bynes Twitter-feuds with Rihanna while Frances Bean Cobain Twitter-feuds with Kendall Jenner and Kelly Osbourne rekindles her old feud with Lady Gaga in a Cosmopolitan interview. Next week, just to keep things interesting, Rihanna will go after Kendall on Instagram while Gaga hits Amanda over the head with a rolled up magazine.

Australian prime minister Julia Gillard says that she's a huge fan of Game Of Thrones and especially of House Targaryan. Interesting.

A Danish fan slaps Beyoncé's backside at a concert

in Copenhagen. She got all upset and threatened to have him removed, clearly not realizing it was national sangerindesmaekkedag.

Jimmy Kimmel says that he did not buy a \$1.9 million painting of a topless Bea Arthur. In unrelated news, Kanye West didn't buy the moon, Tom Cruise didn't buy 100 cars and Justin Bieber, most emphatically, didn't buy a pair of grown-up pants.

Breaking Bad's Aaron Paul got married. He fumbled a bit with "until meth do us part," but otherwise it was a lovely ceremony.

Leonardo DiCaprio is dating a Victoria's Secret model. This would be his fourth Victoria's Secret girlfriend. Perhaps it's time to try Land's End or L.L. Bean.

### Bynes is sick of the 'insanity' of magazines

Amanda Bynes is now making an effort to control what the press write about her — under threat of lawsuit.

"All magazines: Contact me personally! I'm sick of your insanity! You can not talk about someone you don't know," she wrote in her latest Twitter screed.

"You can't state something about me by hearing it through someone I don't know (or) met once and

never spoke to again who now claims to still know me enough to check my brain and search inside it and find a developed-at-27 mental illness without getting a huge lawsuit at your office."

She continued: "If you speak to a 'source' who claims to know me, they don't!"

"Stop with your insanity! Tweet me! I'll (message) you my info!"

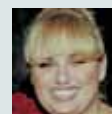


Amanda Bynes

### More tattoos for Justin? You better Belieb it!

Justin Bieber can't stop getting tattoos — or at least he won't stop. The 19-year-old pop star appears to be averaging about one new piece of body art a month for 2013. His latest, as unveiled when he attended the premier for pal Jaden Smith's new film, After Earth, appears to be a rendering of a knight in shining armour on the inside of his left forearm, according to Splash News.

Twitter



@RebelWilson

When I'm out listening to podcasts it takes my mind off the fact that I'm doing cardio (which is good)



@oliviawilde

Prep for new movie involves wearing trash bags, tin foil, and face plaster. Gaga, eat your heart out?



@SofiaVergara

Exciting news, I'm the next person to get a Madame Tussauds wax figure. So honored!



Lighter load

## Re-use plastic pill container as sunscreen bottle

We all know it's important to re-apply sunscreen, but carrying around a whole, full-sized bottle of sunscreen can be cumbersome. Lighten up your load



with this simple tip: Re-use a plastic pill container as a smaller sunscreen bottle. Wash the pill bottle and fill it with sunscreen—it's the perfect size to use on the go and handy if you carry different sorts of sunscreen. It's that easy and it's great for camp, cottage, or taking to the beach. **CAROLINE FERNANDEZ/YUMMYMUMMYCLUB.CA**

Works a charm

## Use the toy trick when travelling with a crying baby

When travelling with your infant who screams because he or she hates the car, make sure you have a pile of soft toys stacked up beside you on the passenger seat. At red

lights or stop signs you can reach your arm back, and drop a new soft toy on his or her lap (or head — it's hard to have good aim, that's why they're soft.) This will distract your baby long enough for you to drop another new toy at the next stop sign or red light. It's like magic, I swear. **JEN WARMAN/YUMMYMUMMYCLUB.CA**

Exclusively Online

Dora the Wine Fridge Explorer? Si! Read more comedic (mis) adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at [metronews.ca/voices](http://metronews.ca/voices)



# Her body is her body, and it's meant to dance, not quit

## Staggering statistic.

Six out of 10 girls avoid activities because they don't like their bodies. We as parents must help to lower that number

ALI  
MARTELL  
[yummymummyclub.ca](http://yummymummyclub.ca)

I took ballet for 10 years. From the time I was two years old until I was 12, I spent several days a week perfecting my pliés and pirouettes and arabesques and revoltades.

I might have even been good, too, but I'll never know.

Because I quit. Because I was a stupid pre-teenager. It was too hard, too time-consuming. And there was a little not-allowed-to-wear-underpants-underneath-the-leotard situation.

But mostly, I quit because of my body. At age 12, my body began changing — it was too large in some places and too small in other places. I was, like many girls are before they grow into their women-bodies, the bodies that will one day



Ballerinas of the future need positive role models at home. ISTOCK

grow their babies — a wee bit awkward. Apparently, and unfortunately, I'm not alone in this. Six out of 10 girls avoid activities because they feel badly about the way they look.

When my oldest daughter was born and I heard that lovely "It's a girl!" announcement, the first thing I said was, "God, I can't wait to put her in a tutu." And I stayed true to my word. She was in a tutu almost before she could speak.

At 12, she is my mini me.

She looks almost exactly like me; she's built almost exactly like me. Once, just once, we had the conversation I worried about the minute I became the mama to a daughter:

"Mama, I hate my body."

"What?"

"My friends are all so tall and thin. I am short and stout, like the little teapot."

"We are all built differently, my love. You are the perfect you that you can be."

"Hrm. I don't know if you

are right."

"Do you exercise?"

"Of course. I bike and swim and dance and play basketball and walk to and from school and jump on the trampoline and I'm thinking of trying out for track and field."

"Do you eat a lot of foods that are good for you?"

"Of course. I love peppers and broccoli and green beans and artichokes and asparagus."

"Then that is all that matters. If you treat your body the

way it should be treated, your body will grow into what it should be — a perfect woman."

I don't want her to quit like I did. She's so good. Six out of 10 girls avoiding activities. Six out of 10! I don't want my daughter to be one of the six. Research shows, though, that when girls have positive role models at home — often mom — they tend to be less likely to let their anxieties get the better of them. Her body does amazing things — she can pop and lock and shake and shimmy and whatever those young kids are doing these days. And there are moments when she's on that dance floor, and I'm sure that she's flying.

I want her to know that bodies come in all shapes and sizes. It's my job as her mother to remind her of this and to not make the same mistakes that kept me from pursuing something I loved, something I could have been amazing at.

Her body is her body, and it's a body that's meant to dance. To fly. To be celebrated. To wear a tutu if she wants.

Not to quit.

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# 10 sure-fire ways to know you're a parent

This list is here for clarity, because I'm assuming a lot of you were wondering this very question: "Am I? Am I really a parent?"

**10)** You've spat on your finger to wipe food/dirt/poo off of your child's face.

**9)** You've had saliva, urine, and feces sprayed/mashed/

smeared on you at some point or another.

**8)** At any moment, you could cry. You never know when, but it could happen. Like. Right. Now. "They're so beautiful."

**7)** At any moment, you could rage. Like. Right. Now.

**6)** In your WORK bag, you find

the strangest stuff: a soother, a crushed juice box, half a crayon, a lid to something, a doll, a mini truck, a sandwich crust, rocks from the garden...

**5)** You see danger around every corner. And if it's a sharp corner — you pad it.

**4)** You do shit you never thought you'd do, and think,

"I'm sorry for judging you other parent that I judged that one time..." (and let's be honest, it was more than just one time). You now have that kid.

**3)** You have 1,756 photos on your phone and 1,752 of them are of your child/children

**2)** Your dog (a.k.a your first baby) is terribly neglected: he

needs a haircut, probably has fleas and only gets fed if you remember.

**1)** And the number one way you can tell that you're a parent? Your heart always aches with a love so heavy that you finally understand why parents do the crazy things they do for their children. **JEN WARMAN/YUMMYMUMMYCLUB.CA**

3 THE

# What's black and sugary and delicious all over? Rice pudding

Judith Finlayson professes a love for the taste and texture of rice, whether it's brown, red or Thai black sticky rice.

Though the cookbook author hasn't been able to duplicate a sweet concoction of mangoes and sticky rice she sampled while travelling in Thailand, this recipe for black sticky rice pudding is one of her favourites and she has included it in her most recent cookbook, *The Complete Gluten-Free Whole Grains Cookbook*.

"It is so easy and so good."

Thai black sticky rice is available in Asian markets. If desired, you can cook the rice in your rice cooker on the brown rice setting. The recipe calls for mangoes, but other fruits like strawberries, kiwifruit or peaches are also tasty.

This dessert is suitable for those following a vegan food plan.

## Ingredients

### Makes 6 servings

375 ml (1 1/2 cups) water  
175 ml (3/4 cup) cooked Thai black sticky rice  
1 can (400 ml/14 oz) coconut milk  
125 ml (1/2 cup) packed Demerara or other raw cane sugar  
2 ml (1/2 tsp) salt  
250 ml (1 cup) sliced strawberries or kiwifruit or chopped peaches or mango  
50 ml (1/4 cup) toasted shredded sweetened coconut  
Finely chopped mint (optional)



The gluten-free and vegan-friendly Black Rice Sticky Pudding.  
THE CANADIAN PRESS

1. In a bowl, combine water and rice. Set aside to soak for at least 4 hours or overnight.

2. When you're ready to cook, transfer rice and soaking water to a heavy pot with a tight-fitting lid. Bring to a rapid boil over medium heat. Reduce heat

to low and simmer until rice is tender, 30 to 45 minutes. (Don't lift the lid.)

3. In a saucepan, combine coconut milk, raw sugar and salt. Bring to a boil over medium heat and cook, stirring, until sugar dissolves. Stir in cooked rice and cook, stirring, until thick-

ened, about 10 minutes. Transfer to a serving bowl and chill, if desired. When you're ready to serve, top with fruit and garnish with shredded coconut and mint, if using.

THE COMPLETE GLUTEN-FREE WHOLE GRAINS COOKBOOK BY JUDITH FINLAYSON (ROBERTROSE.CA, 2013)/THE CANADIAN PRESS

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### Equivalent

One Funky Monkey Booster Juice is equivalent in calories to one chubby chicken sandwich from A&W.



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# Keeping bugs out of your biz

**Stay healthy during the hustle.** You can't let the sneezes slow you down when there is so much to do

**JULIA WEST**  
Metro World News

You may claim that your job — or your boss — is killing you, and the truth is, it could actually be harming you. Poor lunch decisions when you're on the go, uncomfortable chairs and germey work stations might be taking a toll on your immune system. With a few thoughtful workplace changes, though, you can make your office a place of health and not harm. (Unfortunately, we can't help you with your boss.)

If you work in an office, you probably spend the majority of your day at your desk. Make sure it isn't a breeding ground for bacteria.

"Sanitize your workspace," suggests life coach Stacia Pierce of Ultimate Lifestyle En-

## Put the "work" in workout

Find ways to sneak a little exercise into your workday

- Get your blood flowing with a few lunges or heel lifts at your work station.
- If you're shy about the desk workout routine, burn calories more discreetly by parking farther away from the building, or opting for the stairs rather than the elevator.
- Or just go for a walk during your lunch break.



Don't just expect the nighttime crew to wipe away all the germs from the day. Bring along your own cleanup kit. iStock

terprises.

"Keep disinfectant wipes near to wipe down your mouse, keyboard and phone."

Pierce also suggests getting fresh air by eating lunch outside whenever possible. Kathy Gruver, a health and wellness practitioner, agrees. "Get outside for fresh air and sunlight, which can help that after lunch feeling of sleepiness,"

says Gruver. "Add in exercise and stretching throughout the day. We are still when waiting for things to load, fax, and copy. This is the perfect time to stretch and move the body."

You might be surprised which careers offer the healthiest lifestyles. According to Leslie Caccamese, director of strategic marketing and research at Great Place to Work,

grocery clerks are often in good shape.

"At Whole Foods, team members are educated on healthy eating so they can share that information with their customers," says Caccamese.

"Team members also get an extra discount at Whole Foods stores for maintaining healthy biometric standards."

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Drew Tate throws the ball during the first day of Stampeders training camp on Sunday. Tate sits atop the team's quarterback depth chart despite battling injuries last season. JEFF MCINTOSH/THE CANADIAN PRESS

# Tate packs a punch with new training

**CFL.** Stampeders QB says he is stronger following off-season MMA workouts

Drew Tate doesn't question his durability, but acknowledges that others do.

What was to be Tate's first full season as the Calgary Stampeders' starting quarterback was marred by injuries in 2012, starting with a separated shoulder in Week 2. Subsequent surgery and rehabilitation sidelined him for all but the final two games of the

regular season.

Tate then fractured a bone near the wrist of his throwing arm in the West Division semifinal win over Saskatchewan.

Kevin Glenn, who led Calgary to nine wins during Tate's absence, started in Calgary's win over the B.C. Lions in the West Final and again in the Grey Cup loss to the Toronto Argonauts.

Yet Stampeder head coach and general manager John Hufnagel kept Tate atop his quarterback depth chart ahead of Glenn when main camp opened Sunday in pouring rain at McMahon Stadium.

So the Stampeder storyline

to start this season is: Will Tate's off-season mixed martial arts training give him more staying power on the field, and if not, could Glenn step into the breach and generate similar success again?

"My personal goals are to finish every game I play and move the chains and don't turn the ball over," Tate said after a soggy first on-field session. "I've been playing football since 1992. It's just been the last couple of years, a couple times I've gotten hit and I haven't gotten up. Perception is reality and the perception is I haven't lasted, so that's reality." **THE CANADIAN PRESS**

## Strong-arm tactics

Drew Tate, 27, trained during the winter in Dallas with UFC 13 lightweight tournament champion Guy Mezger. Tate kickboxed, swung kettle bells and deadlifted weights. He says his torso rotation is stronger when he throws, which gives his arm natural momentum like a whip.

- "That way, you're saving your arm instead of throwing all arm," he explains.

## NHL playoffs

### Blackhawks too slick for Quick

Bryan Bickell and Michal Handzus scored on consecutive shots in the second period, and the Chicago Blackhawks chased goalie Jonathan Quick on their way to a 4-2 victory over the Los Angeles Kings on Sunday night in Game 2 of the Western Conference final.

Andrew Shaw and Brent Seabrook also scored as the rolling Blackhawks grabbed a 2-0 lead in the best-of-seven series with their fifth consecutive victory. Patrick Sharp added two assists, and Corey Crawford made 29 saves in another solid performance.

Game 3 is Tuesday night in Los Angeles, where the Kings have won 14 consecutive games, dating to the regular season.

**THE ASSOCIATED PRESS**

## PGA

### Kuchar wins 2nd title of the year

Matt Kuchar rolled in one last birdie to win the Memorial by two shots and join Tiger Woods as the only multiple winners on the PGA Tour this year.

Kuchar was challenged briefly at the turn by Kyle Stanley, and then late Sunday when Kevin Chappell birdied three of his last four holes. Kuchar only needed to two-putt from 20 feet for the win, and he made the putt for a 4-under 68.

Kuchar captured the Match Play Championship in February.

Tiger Woods closed with a 72 and finished 20 shots behind, his largest deficit since 1996.

**THE ASSOCIATED PRESS**

# Red, white and blues: Canada foiled again by U.S.



Canadian captain Christine Sinclair and Ali Krieger chase the ball during their friendly in Toronto on Sunday. The U.S. won 3-0. DAVID COOPER/TORSTAR NEWS SERVICE

It's been 10 months since the United States women's soccer team delivered a dagger into the hearts of Canadians at the London Olympics.

It was clear Sunday that the wound is still fresh.

The cheeky BMO Field fans in Toronto loudly counted off every American goal kick. They booed when Canadian-born striker Sydney Leroux scored and then popped her American jersey at them.

Alex Morgan scored twice and Leroux notched the third as the world No. 1-ranked United States defeated Canada

## On Sunday

3

USA

0

Canada

3-0 in a friendly that was anything but.

"Maybe not the classiest of moves," Canada's captain Christine Sinclair said of Leroux's gesture. "She scored on us, and an individual can

do what they like. I probably wouldn't have done the same, but we move on."

The game — billed as "The Rematch" — marked the first meeting between the North American rivals since Canada's heartbreaking 4-3 loss to the U.S. in the Olympic semifinals.

The Olympic semifinal turned on a controversial free kick, awarded when Norwegian referee Christina Pedersen determined Canada's goalkeeper Erin McLeod took longer than the allowable six seconds to put the ball back into play. **THE CANADIAN PRESS**



## Horoscopes

### Aries

March 21 - April 20

If you have any doubts at all about what you are asked to do today, either by a friend or by someone you work with, just say no. It may make you a bit unpopular but better that than you hate yourself.

### Taurus

April 21 - May 21

What are you doing to make the world a better place? As Venus, your ruler, moves into the communications area of your chart today you can do something, even if it's only spreading what you believe.

### Gemini

May 22 - June 21

Your rivals may be smart but you are in a different league entirely when it comes to brain power and cunning and will outmaneuver them with ease over the next few days.

### Cancer

June 22 - July 23

Venus, planet of emotional and material values, moves into your chart today, making this the ideal time to ask yourself what, and who, is most important in your life.

### Leo

July 24 - Aug. 23

If you compromise your principles once today you will have to compromise them again and again throughout the coming week, so start as you mean to go on and refuse to do anything underhand.

### Virgo

Aug. 24 - Sept. 23

Not everyone can reach your high standards so try not to be too critical if a friend falls short of expectations. Show them where they went wrong but do so in a friendly way.

### Libra

Sept. 24 - Oct. 23

Venus, your ruler, moves into the career area of your chart today, making it easier for you to get along with people in positions of power. Just be careful they don't use you, as you must benefit too.

### Scorpio

Oct. 24 - Nov. 22

You always present a resolute face to all, even when you feel fearful and that will help you this week. You're the one everyone goes to when there's serious work to be done.

### Sagittarius

Nov. 23 - Dec. 21

Your imagination is active at the moment but watch out you don't go too far by imagining things that don't exist. The line between fact and fiction can often get blurred.

### Capricorn

Dec. 22 - Jan. 20

This is a great day for meeting people, especially friends you have not seen in a while or the one you love. Don't linger too long in front of the mirror though!

### Aquarius

Jan. 21 - Feb. 19

If you feel that you are being swamped with work then get someone to help you. Yes, of course, no one does as good a job as you but you can't carry on at this pace forever. Slow down.

### Pisces

Feb. 20 - March 20

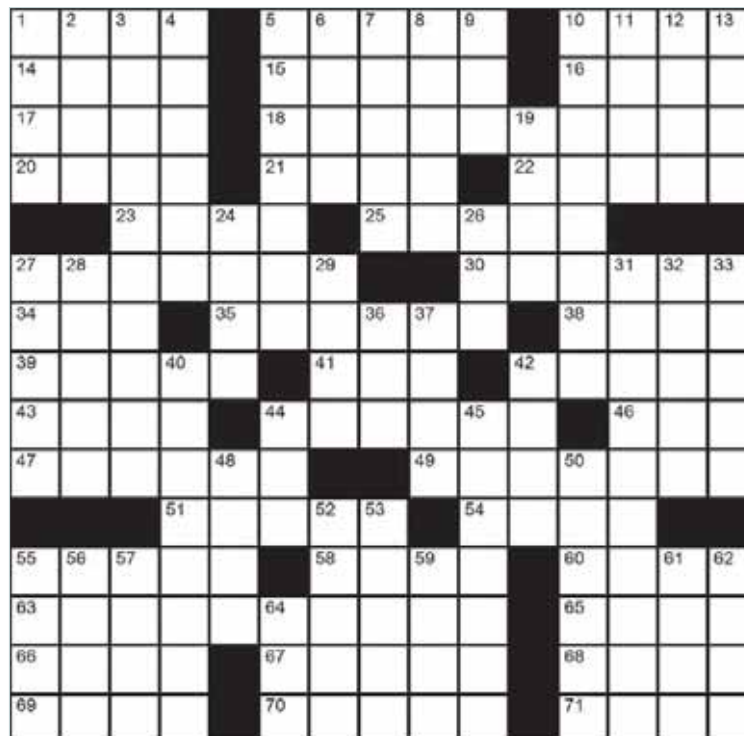
Mercury links well with Neptune, planet of self-sacrifice today, so find ways to help people. You are at your best when giving – and the universe will give back to you.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Be open-wide
5. Actor, Jeremy \_\_\_
10. Go together well
14. Dutch violinist/conductor of PBS concert fame, Andre \_\_\_
15. Signs
16. Jazz singer, Dame \_\_\_ Laine
17. Mr. Sharif
18. Canada's Senate, The \_\_\_
20. Like dry Spanish wine
21. Twinkler
22. Ladies
23. Larger-than-life
25. Stitched spots
27. "Unwritten" singer Ms. Bedingfield
30. "Ha! Tricked you!"
34. Performance-enhancer, e.g.
35. Acapulco's locale
38. Country's Mr. Church
39. Singer, Lou \_\_\_
41. "Turn to Stone" gr.
42. Hockey great Mr. Hull
43. Ms. de Matteo
44. Indirectly refer to
46. "\_\_\_ Hot" by Alanis
47. Prances
49. Brush up on
51. Olympic champ's hauls
54. Singer/songwriter Mr. Jordan
55. Must scratch, must scratch...
58. Gather
60. "You've Made \_\_\_



- \_\_\_ Very Happy" by Blood, Sweat & Tears
63. 1955 Glenn Gould album: 'Bach: The Goldberg \_\_\_'
65. Isle of Scotland's Inner Hebrides
66. Canadian journalist Mr. Solomon
67. Rinse, as with a

- solvent
68. Day's French opposite
69. Perform, like Celine Dion
70. Between-buildings-spot
71. Catch a glimpse

### Down

1. Newfoundland's \_\_\_ Morne National Park
2. Je t'\_\_\_ = I love you
3. Canadian flag/clock structure on Parliament Hill: 2 wds.
4. Galilean moon of Jupiter
5. Sports car name
6. "How \_\_\_ Your Mother"
7. Sacred Hindu texts
8. Ink: French
9. Hockey's Predators, on scoreboards
10. Hamilton university
11. Napoleon's exile isle

12. Appear to be
13. \_\_\_d'oeuvre (Appetizer)
19. Rat-a-tat-tat stuff
24. Doctrines
26. Toronto museum,
27. "Revenge of the \_\_\_" (1984)
28. No longer together
29. Eddie's "Beverly Hills Cop" (1984) role
31. \_\_\_ Period (Age of Reptiles ending)
32. \_\_\_-miss (Randomly)
33. Poems by Currer, Ellis, and \_\_\_ Bell (Bronte Sisters book)
36. Jackson 5 hit: "\_\_\_ Be There"
37. \_\_\_ supreme du Canada
40. Guess Who hit
42. Mr. Lugosi
44. Non-verbal communication syst.
45. Patrick of "Grey's Anatomy"
48. La \_\_\_ Jackson
50. Short-tailed weasel
52. Carpentry tool
53. South Korea's capital
55. Folk singer Burl
56. Rikki-Tikki-\_\_\_
57. Ocean Spray flavour, \_\_\_-Raspberry
59. 'a' of a.m.
61. Trim
62. Like Cheerios
64. Actress Ms. Leoni

## Friday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



## Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 14°  
MIN: 8°



MAX: 17°  
MIN: 5°



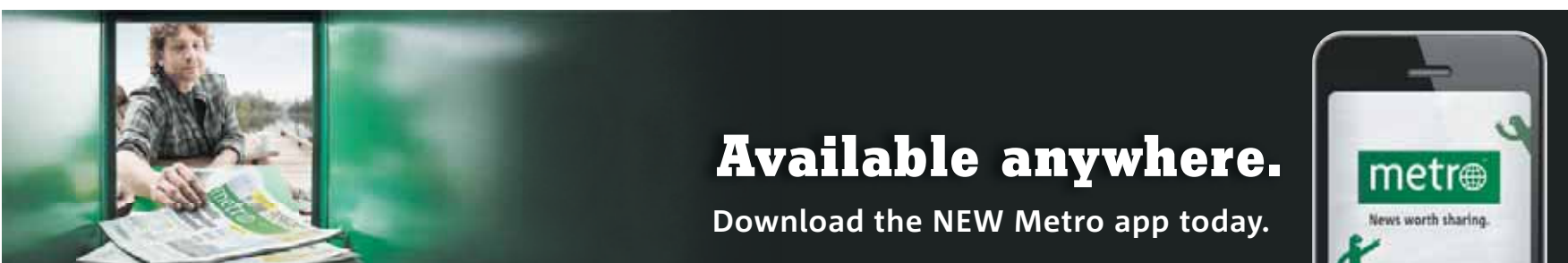
MAX: 20°  
MIN: 8°



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